

BRIDGES

WEDNESDAY, OCTOBER 29, 2014

SPACES:
SCVAP's staff show
off their spooky
artistic sides **P. 21**

SHARP EATS:
Chemical-free alternatives
to commercial Halloween
candy **P. 22**

WINE WORLD:
Gross out your friends
with a Zombie Brain
cocktail **P. 23**

A STARPHOENIX COMMUNITY NEWSPAPER

SPELL BINDING

**PROFESSOR FRANK KLAASSEN
IS CONJURING A NEW STUDY
ON WHEN MAGIC TURNED BLACK
P. 4**



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READ MY BOOK

LOCAL AUTHORS: Writers tell us what makes their book worth reading

ELINOR FLORENCE

Bird's Eye View

I grew up surrounded by air force photos.

My family lived near North Bedford, was a former airfield for the British Commonwealth Air Training Plan, and my childhood home was a converted barracks building. Not only was my father an RCAF pilot, but my mother had many stories about the lonely young women who trained here during the war, at Sanderson Heights, and dozens of smaller private communities.

I carried their tales with me — first as a farm reporter for the Western Producer in Sanderson, then the Red Deer Advocate, Winnipeg Star, Van Courier Press and finally Reader's Digest.

The spark that ignited my novel showed a woman on an airfield, studying an aerial photograph. It was instantly intrigued and set about researching the little-known art of aerial photographic interpretation.

I learned that hundreds of photo interpreters, half of whom were women, worked at a converted airbase in England, spying on the enemy from the sky using a viewing device called a stereoscope, they



Elinor Florence

assessed tank damage, followed troop movements, and searched and counted enemy machine gun positions. In fact it was a woman who discovered, on an aerial photograph, the first jet propelled weapon of mass destruction in history.

So I wrote a fictional novel about those RAF girls, a dame pilot from Saskatchewan who is hired with patriotism when her fictional town of Thunderfoot becomes an air training base. She joins the air force, goes overseas and becomes a photo interpreter. Like so many others, Rose keeps in touch with the home front through frequent letters from her mother. She experiences both joy and heartache during her long years away from home, while watching

the men's painful progress from above — hence my title.

Fifty thousand women served in the armed forces during World War Two and to my knowledge, this is the only novel that features one of them as a heroine.

Bird's Eye View is available through bookstores everywhere and also as an ebook. I'll read from my novel at McNally Robinson in Sanderson at 7 p.m. on Nov. 4. My talented cover Sylvia Florence will be there, signing vintage wartime books. Please feel free to dress as your best 1940s outfit!



After
After the war, Elinor Florence, RCAF pilot who wrote a wartime book called *Bird's Eye View*, Sanderson, is featured on her website: www.elinorflorence.com

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University of Saskatchewan history professor Peter Adamson delves into the history of magic and how it fundamentally shifts in the 19th century affected modern entertainers. BRIDGES PHOTO BY MICHELLE BEERS

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Get your own on at the SCNP gallery's Halloween exhibit. BRIDGES PHOTO BY MICHELLE BEERS

BRIDGES COVER PHOTO BY MICHELLE BEERS

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ON THE COVER

I read this and thought, 'Good God. Where did this come from? This is really creepy!'

—Frank Kleassen

#OCCULT

Discovering the dark and light secrets of magic



University of Saskatchewan history professor and medieval magic expert Frank Kleassen's bookshelf is filled with eclectic reads on everything from demons to superstition. www.foxphoto.com/photos

By Jenn Sharp

You know you have a cool job when your title is professor for demonology. That's what Frank Kleassen is (an impression for scholars who study magic).

Frank Kleassen sits comfortably in his office, legs crossed, a wall of books behind him. A medieval

reader sits in one corner where he examines ancient texts. His library includes titles like *Thinking with Demons: Perspectives of the Witch's Craft and Comparing Spirits*.

A professor of history at the University of Saskatchewan, he's a specialist in the late medieval Renaissance, studying forgotten texts

written hundreds of years ago — and making intriguing discoveries.

In 2013, he received a grant worth \$33,000 from the Social Sciences and Humanities Research Council of Canada to research a book that will focus on magic from the late Middle Ages to the late 1600s.

It's a based on a frightening text

from the 15th century he found years ago in the British Museum in London.

"This is a really scary text," says Kleassen with a grin and a dash of disgust. "I read this and thought, 'Good God. Where did this come from? This is really creepy.' It was really unusual to find these things."

The text contains specific instructions on how to align with the devil and summon the departed from the grave.

"This text is just so creepy. It's conjuring human ghosts. You go to a grave and you dig up a body and you rip out the heart and preferably you get a chick."

There's really no evidence at all that the Enlightenment and modernization have brought about any decline in magic. (There's the conception) that we've shed the superstition. No, that's not exactly what happened. — Klassen

MAGIC FOR THE MODERN ERA

Most people don't think of them when it comes to superstitions, but Klassen points out a number of tendencies that suggest otherwise. Practices like homeopathy, aromatherapy, crystal therapy, reikiology, iridology and modern psychotherapy don't have a scientific experimental foundation.

"That's not to say it's not true or that it doesn't work. We have all those conceptions that have no empirical basis that we buy into without even thinking about it," says Klassen.

That's not to mention the active Pagan and Wiccan communities in Saskatchewan, highlighted in newspapers and social sections in book stores.

"There's really no evidence at all that the Enlightenment and modernization have brought about any decline in magic. (There's the conception) that we've shed the superstition. No, that's not exactly what happened."

The Enlightenment also saw the birth of Paganism, which Klassen calls, "the West's most significant magic movement."

In the province that movement is called the Congressional and Wiccan Assembly of Saskatchewan (COWA). The Sage Word Temple is in Regina and the Sky River Temple is in Saskatoon.

Paganism opposes Christianity, talking about the failures of the institutional Christian church towards women and environmental reform, and encouraging a positive understanding of those same things within Paganism.

Rein Waul, a clergy member with the Sage Word Temple, says there wasn't a formal organization or public face for Wiccans in the province she got involved in Wicca in 1998.

"When I found Wicca, it was very similar to what I already believed. It wasn't a conversion experience. A lot of people who find Wicca describe the experience as a sense of coming home."

She likes Wicca's emphasis on nature, mythology and celebrating the changing of the seasons. There's also room for different belief systems.

Continued on Page 6



David Klassen has received a \$25,000 grant to study the evolution of magic and its effect on modern society. (Photo by Michael Lee Hogg)

Some people are into spells and brews and potions. What I do looks much more boring. I do a lot of journeying and working with spirits. — Erin Wood



Erin Wood is on the provincial board for the Congressional and Whelan Assembly of Saskatchewan and a chapter member for the Sage Wind Temple in Regina. STYLING PHOTO BY STEVE SCHMIDTKE

In modern magic practitioners use folk traditions like herbs, energy healing or visualization to bring about positive change. Some work with spirits or elements of nature. Not all Wiccans are witches (and not all witches are Wiccans) but Wood is.

"Magic (to me) is a re-enchantment of the world — finding the magic in everyday things and seeing the world as being alive, new things we consider to be mundane, as things that we can have a relationship with," she says.

Wood's personal practice looks a lot like meditation.

"Some people are into spells and brews and potions. What I do looks much more boring. I do a lot of journeying and working with spirits."

She goes to a quiet place outside to connect with the movement and the spirits.

"One of the purposes of doing magic is to

create change. I focus on creating internal change. When do I make myself a better person? How do I enhance my personal goals more successfully?"

She also does work in groups, raising healing energy through chanting or dancing — powerful energy.

"You often feel like a worm, truly sensation. I've seen folks of light dancing in the air as the energy is generated. Group energy is different than on your own. I think it's interesting for people to experience both."

In Saskatoon, Ave Rodden-Tyson is part of the clergy for the Sky Women Temple.

"Wicca is really about reconnecting with the seasons and the Earth and the cycles of life and death and rebirth. The birth of the Sky Women temple ritual was in July and we danced and sang. It's not silent and somber; it's joy."

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I would never tell anyone there's a crystal, now you don't have to go on Western medicine.' I use it to support. Sometimes it's just the comfort of it. Positive thought and affirmations can have unbelievable power — *Ave Riddler-Tilton*



Ave Riddler-Tilton, a drag member for the Skydive Temple, poses outdoors. Witches rituals in Galesville-Danvers Park in Saskatchewan attract people from across Canada.

Like Wood, Riddler-Tilton carried on herself a witch she uses crystals to work with the body's chakra system. Her healing rituals help with different ailments and conditions using specific crystals for each. People come to her for help and for head feelings (an ancient marriage ceremony).

"Some help with heart conditions came with cancer. I would never tell anyone there's a crystal, now you don't have to go on Western medi-

cine. I use it to support. Sometimes it's just the comfort of it. Positive thought and affirmations can have unbelievable power."

Riddler-Tilton says it's rare that Witches stray from the teachings and try to manipulate the will of others. Wicca is rooted in karma — whatever you do will be visited back upon you three-fold.

"A lot of the truth behind my faith is that I cause no harm, which is chakra for myself," she says.

THE HISTORY OF DIABOLIC MAGIC

One of Klassen's interests is the rise of black magic, how negative ideas began to be celebrated in magic texts.

"They're (at least) genuinely anti-social. If not actually slandering themselves) trickily with the devil, he says.

Gnostic texts shout how to make a pact with the devil) can also be found during this time period. Some describe how to get out of the past.

It's a legend of medieval magic.

A popular form of medieval magic is from a text called the *Nisany Art*. The text, which circulated at various times, described a ritual that would have taken about two years to complete.

"It was to gain complete knowledge of the arts and sciences, which would be infused as you by magical intermediaries," explains Klassen.

"The knowledge was to be obtained through contemplative exercises, prayer, ritual, meditation and devo-

tion. There are 18 surviving manuscript versions of the 100,000 text, which is a large manuscript for any text from that period.

"So there were a lot of people practicing it and a lot of people at the time."

Klassen says Thomas Aquinas referred to the text saying that if it existed, it was the work of demons. It's also documented that people had great success with the text. Continued on Page 8

Magic (to me) is a re-enchantment of the world — finding the magic in everyday things and seeing the world as being alive, even things we consider to be inanimate, as things that we can have a relationship with. — Wood

"The exercises they were engaging in probably did develop various aspects of mental acuity. There are studies that say regular meditation (more than an hour a week) will increase your grades at school."

"I do not think that angels are found anywhere with knowledge," he adds.

This is the type of magic that Klausen has studied, written about and taught throughout his career. Now he's in the middle of a three-year grant, and looking at how and why a shift toward the dark side happened.

"This is what not only where does modern magic come from, but also trying to understand modernity how we understand ourselves and how that came about."

MAGIC UNDERGROUND

Imagine you're living in 16th

England and you pick up a magic text. Typically it will be medieval, stemming from a Catholic world — and therefore: (click in Protestant England).

"Protestants would have rejected it as superstitious nonsense, and did feel very strongly," Klausen says.

If you're acutely about magic, you have two options. You can preserve some of the Catholic parts such as candles, roses and fasting or reject the Catholic rituals, "which means you're not left with a lot."

"If you preserve the Catholic rituals, it's by definition anti-social. If you change it, you're not really creating something which has the same connection to the church that it used to. In both cases, magic pulled away from justifying itself to the religious system you."

As if that time magic changed it became something that separated practitioners in a rebellious way

for the period.

Another dramatic example of magic's change is modern, sex magic, what Klausen calls "erotic stuff."

In medieval magic, sex was for babies. "Sex is something that actually serves up your magic power."

In the 18th century there was a fundamental transformation.

"People are saying when you're having sex, that's the most powerful magical moment in human experience. That's the time when you can actually transform the world around you — the moment of orgasm — because you've got all this incredible spiritual energy with you. If you can direct that energy somewhere, you can make something happen in the world."

Thanks to magic's portrayal in popular culture today it is still associated with the diabolical.



Don Wood's practice looks toward re-enchanting. (Photo: Peter D. Smith/Steve Schatz)

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LutherCare Foundation thanks Kinsmen Foundation for goods totaling almost \$150,000 to support the purchase of three lifts every nine three warming cabinets a wheelchair reader and 25% of a new accessible lift. The Kinsmen Foundation board of directors representing Kinsmen homes across Saskatchewan visited Luther Special Care Home in Saskatoon to see the new equipment. Residents Ernie Brooker and Leslie Kinsmen (in the front row of the photo at left) helped to explain the benefits of the new equipment from the residents' perspective.

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The Foundation for LutherCare Communities

People are afraid to tell people about their religion and use words like 'witch' or 'Wiccan' because they're afraid there'll be some backlash against them. — Wood

A dramatic example is the 20th century Satanic images connected with heavy metal music. Holding up the index finger and pin key is a Satanic gesture. It was popularized by the band Black Sabbath which created a mystique around rebellious black masses and Satanism.

During the witchcraft trend in 16th century England, no one was actually practicing black magic.

"That just did not happen. There were no devils, there were no covens running around in the hills of Europe. They were just peasant people getting caught up in accusing each other of witchcraft," says Klassen.

"The notion of killing babies and making oaths with their fat and of selling your soul to the devil — these are all part of that mythology which the Christian church at the time had made up."

Then, with England's new religion, and changes in the magic literature, confused accounts of diabolical magic surfaced.

"So these magic practitioners, for the first time really take it and go 'yay! That's what we're like! We're actually badass like that.' It's almost like the Oxy Genhouse thing. That is where it began, in the 16th century."

STILL UNDER COVER

Misconceptions and stereotypes abound about modern Pagans and Wiccans.

"There are people that come to our festival that still tell family and friends that they're going camping for the weekend because there's that misunderstanding and ignorance about what being Pagan really is," Rüdiger Tüden says of the York Town Pagan Summer Festival at Ancient Spirits Retreat near Saskatoon.

She's often asked if she can do love spells (she won't because it's manipulating free will). She hesitates to explain another less favorable impression.

"It's that I can do things to make people sick. It's back from the burning times — the belief that if your cows were sick it was because of the witch. We (supposedly) use our firstborn male babies," she says with a laugh. "We also retained male appendages off of lovers that we're into."

Wood agrees, saying people often associate witchry with demonic or dark purposes. If it comes up in conversation, she'll share that she's witch but she doesn't make a point of it. She says other Pagans and witches are concerned about prejudices and stereotypes.

"People are afraid to tell people about their religion and use words like 'witch' or 'Wiccan' because they're afraid there'll be



Mark Klassen looks at one of his favourite books on magic. Without realizing it, he's also

some backlash against them."

MAGIC GOLD?

One of Klassen's findings is that people used spells to compare deities who would then presumably help with treasure hunts. "We've seen the huge hoards of Angles that got dug up in England — kilos of gold. Doing this with the aid of spirits was one of the methods."

People with one of these texts would use it to convince a financier they had a special way to find the gold, but what about that diabolical 17th century text in the British Museum? Did people really cast the spells in it?

"God, I hope not," Klassen says. "That one's really gross."

John/Photo: Stephen Ross
Photo: David H. Smith

TERMINOLOGY

PAGAN

- Scientific, modern, many different religions. Not Wicca, Hekim, Germanic, Shintoism, Druidry.

WICCA

- Relatively new religion, not sacred or historic.
- Primarily thought — "No wrong way to do something as long as it brings value to your heart and you're not causing harm."
- Learn no one — but some parents.
- Not a lot of set beliefs, experimental — you build your beliefs based on the experiences you have, other than on what someone tells you.
- No central authority.

CWAS PUBLIC EVENTS

PAGAN (Compassionate and Wiccan Assembly of Saskatchewan) is a charitable, non-profit that provides public Wiccan religious rituals. The events are earth based, and hold on solar holidays. No, the wiccans and quansas.

SAGE WIND TEMPLE — REGINA

Nov. 6, 7 p.m. In the basement of the Urbanite Centre at 2700 Colfax Ave. The "Sambra" ritual is a memorial ritual to honour ancestors and beloved dead. Everyone takes some time to say a few words about someone who has passed away.

RIVER SKY TEMPLE — SASKATOON

Nov. 9, 3 p.m. at the Urbanite Centre at 2700 Colfax Ave. A "Sambra" ritual will be held to honour ancestors, the souls of the earth and the wiccans from earlier and/or modern times.

IN THE CITY

OCTOBER 24, 2014 - 7:52 P.M.

Who ya gonna call?



Bonnie Linell (Katie Price) poses in her ultra-tight costume for a group of artists using the form model Dr. Skelton's Comedy Studio at the New Dance Centre. Dr. Skelton's Anti-Art School Exhibition is a life-size drawing series with and without models. Two-piece performance and artist bar. Starting February 25th, every month will be the first Friday of each month. [BAGGERS PHOTO BY MICHELLE KING](#)

CROSSWORD

NEW YORK TIMES Edited by Will Shortz

ACROSS

- 1 Burn, wound
 2 Bedlin' opens
 3 Fight, left, perhaps
 4 Crapbook
 5 Head of wine hours
 6 Melt
 7 Film about a Communist activist (1956)
 8 Infrused
 9 Chorus
 10 Turn down
 11 Moroccan headwear
 12 Live in a barrel
 13 Her about the woman most likely to watch men's basketball (2012)
 14 Computer made
 15 It usually between 3 and 8
 16 Soap, going with milk baths
 17 Stay (cartoonist's liquid electrolyte)
 18 The statue "David" on open-air display in Florence is a
 19 Well suited
 20 Also, expand to
 21 Eaten and others
 22 Not about an instantly made decision (1200s)
 23 Dances on the "Dance"
 24 Add an ether
 25 First family of Germany (1918)
 26 L.T.
 27 20th's bathroom
 28 Film about a woman's debut in daily vocation (1940s)
 29 "bedlin'" author Madison-ave. ____
 30 Fly
 31 Fly ____
 32 Alleviate, stuff
 33 A soap-scented relay, e.g.

DOWN

- 1 Gene's cheer
 2 Kind of vaccine
 3 Site of a famed marketplace
 4 Gaudy
 5 Make holes in
 6 "Red-on-eyes"
 7 Jerk
 8 Dens, shape
 9 Confine
 10 Brewing paired after a Danish fix
 11 Lie in a boss's voice or a baby's cry
 12 ____ real?
 13 Derivatives, informally
 14 Vespertine's proper location
 15 Size of Noah
 16 Rink
 17 Act with the control the "What a dump!"
 18 Old-time hits
 19 Gown
 20 Awaits a partner
 21 Slowing low, boss
 22 Holes punched with a hammer in
 23 10-week
 24 Get off the ground?
 25 Cauterize material
 26 Aced hand
 27 Cowering
 28 Live 32 years
 29 Accusers for linked convictions
 30 Like Jack's, Jackson in the Jackson 5
 31 How the swallows returned to their Swiss Capetown
 32 Actor Lugosi
 33 Memory of a very busy day, maybe
 34 Lured
 35 Lured
 36 Insurance for children
 37 King made's father
 38 Told as eyes
 39 Lured
 40 Shoulder made for short
 41 Member of the 19th generation informally

KURTZ/REUTERS

Authentic Amish Cooking



Hearty Potato Soup

- 4 Med. Potatoes, diced
 2 Carrots, grated
 4 Celery Stems, diced
 2 Qt. Water
 1 Onion, chopped
 1 T. Butter and Margarine
 1 T. All Purpose Flour
 1 T. Salt
 1 T. Parsley
 1 T. C. Milk

Cook together potatoes, carrots, celery, onion and butter in a large pot over medium heat until potatoes are tender. Add water and bring to a boil. Reduce heat and simmer for 10 minutes. Add salt and pepper to taste. Serve hot with a slice of cheddar cheese.



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JANRIC CLASSIC SUDOKU

Level: Gold

Fill in the blank cells with the numbers 1 to 9. Each number can appear only once in each row, column and 3x3 sub-grid. Use logic and arithmetic to solve the puzzle.

The difficulty level ranges from Beginner (1) to Expert (9).

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| | 9 | | 7 | 2 | | | | |
| 1 | | 2 | | | 6 | 7 | | |
| | | 2 | | | | | | |
| 9 | | 5 | 3 | | | | 2 | |
| | 1 | 9 | | 6 | | 5 | | |
| 3 | | | | 8 | 2 | | 9 | |
| | 4 | 6 | | 1 | | | | |
| | | | | | 8 | | | 6 |
| | 2 | 4 | | | 1 | | | |

Sudoku is the crossword puzzle and the Sudoku code found on Page 23.

ON THE SCENE

SEASON TWO VIP PREMIER PARTY OF NIGHTCLUB CONFIDENTIAL

That's a wrap! Cast and crew celebrated the premier of *Nightclub Confidential*'s second season at Tequila Nightclub on Oct. 23. The red carpet was rolled out and just-received VIP treatment as they gathered to watch the season's first episode on City Sketchscreen and danced to Sebastian Yatra's "Si Tu Me Dejaste de Querer."

The seven-episode drama series, which is filmed in Sevenson by Fabulous Films, chronicles the trials and tribulations of running a top city nightclub in small city Sevenson.

PHOTOS COURTESY OF MARK TUI PHOTOGRAPHY



ON THE SCENE

1. Laura Laporte and Colleen Barber

3. Deandra Bailey from *LIJ* Daddies and Paige Love

3. Michelle Ohs and Wendy Hall

4. Tony Hrynduk, director of *Nightclub Confidential* and producer Karen Parhar

3. Nathalie and Ryan "Chank" Pawlinski

6. Linda Witt and Doug Coorssen

7. Risa Quinell, Laurel Wallace and Lindsay Delfin

8. Ore Gotsling and Cary Bowser of *LIJ* Daddies

9. Dean and Anna Geras

10. Laurel Wallace and Simon Papadopoulos of *Nightclub Confidential*

11. Kyle Bugrios, Alla Jordan, Christine and Brian Self

12. Mo Fiquetto

13. *The Nightclub Confidential* cast

14. Blynn Grook, Micaen Diaz, Lindsay Galign, Jason Pique and Joe Stever Coover Davis

15. *Nightclub Confidential's* Mitch Goum and Gina Marie Witt



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EVENTS

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After



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MUSIC

Wed., Oct. 20

Three Strings Pretense
Buds on Broadway,
817 Broadway Ave.

Jazz Jam
The Brett Baker Trio
The Basement,
204 Fourth Ave. N.

**Melody Parade w/
Tonight Above**
Major League, and FMBS
Louie's Pub,
93 Campus Dr.

**A Original Showcase of
Music: MacKinnon, Leon
+ the Adams & Stone, Brent
Monroe and The Great w/
Darius Ray**
O'Brien Event Center,
241 Second Ave. S.

Michael Bernard Pitagoraid
Vanzetti Tavern,
601 Broadway Ave.

Uncle Sam
Piggy's Pub and Grill,
1603 Idylwyld Dr. N.

Thurs., Oct. 21

Tony Graters
Crackers Restaurant
& Lounge,
1-327 Riverside Dr.

Who Drove a Porco
Buds on Broadway,
817 Broadway Ave.

Cassidy w/ Black Hall DJ
Ampex Center,
633 10th St. E.

**The Wild Shake
w/ The Fags**
Vanzetti Tavern,
601 Broadway Ave.

**Flat Black Plastic: The Gaff
and Cheryl Hestle**
w/ The Alpha Kids
The Heights,
120 Second Ave. N.



McElroy of Acid and Grey Light Orchestra will cover Jay Davis on stage at Phoenix for November 2 on Oct. 21 at Vanzetti Tavern. All proceeds from the event go to the Sasakawa-Cross Nursery.

Fri., Oct. 22

Sean Verrault
Buds on Broadway,
817 Broadway Ave.

Plano Friday: Brett Baker
Also exclusively
The Basement,
204 Fourth Ave. N.

Billy Bob
Army & Navy Club,
399 First Ave. N.

William and the Shades
Fairfield Senior Citizens
Center,
1631 Fairmont Ct.

Jon Martens
McNelly Robinson,
3130 Eighth St. E.

North of the Border
Toon Town Tavern,
3330 Fairlight Dr.

Halloween: The Night Train
Louie's Pub,
93 Campus Dr.

Halloween Howlin'
Celebrity DJ Miss R
w/ Midway Drive, Kicks,
DJ Hayden, and O'Brien
O'Brien Event Center,
241 Second Ave. S.

Halloween for Humanity 2:
with covers of AC/DC,
Black Flag, Jay Division,
The Narrows
Vanzetti Tavern,
601 Broadway Ave.

Trevor's Band & Tribute
to Creedence Clearwater
Revival
Delkota Dunes Casino,
354 Delkota Dunes Way,
Whisper

The Wildest Halloween
Party Ever: The Wild,
Eye Eye Baby,
Witches and Figures

and Stone the Witch
Rock Bottom,
834E Broadway Ave.

611 The Gas Station Teltone
Capital Music Club,
244 First Ave. N.

BC Read
Piggy's Pub and Grill,
1603 Idylwyld Dr. N.

Logbook:
Am One and Mat too
Spectra, Firehouse,
602 Spectra Cms. E.

Halloween: The Pitschwhin
Plano MacDoris Prime Rib,
300 Second Ave. S.

Sat., Nov. 1
Sarah McLaughlin
YCU Place,
2523 3rd St. W.

Sean Verrault
Buds on Broadway,

817 Broadway Ave.

Plano Saturday:
Maurice Drouin
and Rick Gomis performing
Jazz Travelers Quartet:
Allison Au Quartet
The Basement,
204 Fourth Ave. N.

Billy Bob
Army & Navy Club,
399 First Ave. N.

Tina Hoopes
Downtown Legbar,
636 Spectra Cms. W.

Lee Ransington
Nadina Lister,
3021 Louise St.

Shawna Campbell
McNelly Robinson
3030 Eighth St. E.

GOE
Louie's Pub,
93 Campus Dr.

Gary Hanson w/ Kitten
O'Brien Event Center,
241 Second Ave. S.

Silent Sea w/ Young James
Ampex Center,
633 10th St. E.

Bandz as Bandz
Eye Eye Baby,
Broken Records,
Violent Wombs, Order Sky,
Shiva Lammada
and Objects of Star City
Rock Bottom,
834E Broadway Ave.

Senior w/ Realism and
Wheel Barrow
Capital Music Club,
244 First Ave. N.

BC Read
Piggy's Pub and Grill,
1603 Idylwyld Dr. N.

Sun., Nov. 2

Acoustic Night: BC Read
Buds on Broadway,
817 Broadway Ave.

EVENTS

Moeb Deep
O'Brien Event Centre,
241 Second Ave. S.

Fiddle Series: Karmel and Friends
The Basement,
224 Fourth Ave. N.

Mon., Nov. 3

Uncle Red
Eads on Broadway,
817 Broadway Ave.

The Ladies
Lucky Pub,
93 College Dr.

Headstones w/ Oldground and The Lugs
O'Brien Event Centre
241 Second Ave. S.

ART

Mendel Art Gallery

Until Jan. 4 at 950 Spadina
Cres. © Modern Visions: The
125th anniversary exhibition,
Modern Visions, presents
about 150 works from the
permanent collection. Age
Alive: Images of Native
Age: runs Nov. 4-30. A photo-
graphic exhibition presented
in partnership with the
Saskatoon Council on Aging.
Reception Nov. 4, 7 p.m. to 9
p.m. Free discussions series,
the ABCs of Art, Nov. 6 and
12, 7 p.m. to 9 p.m. in front
in the Age of Photography, a free
public lecture by Bruce Ferguson.
Reception Oct. 30, 7 p.m. Mend
Memories and the Growth of
a Collection, a public lecture
with Matthew Teitelbaum, Nov.
1, 1-4 p.m.

**The Gallery at Phoenix Mon-
rovia Central Library**
Oct. 30 to Nov. 28 at 311 23rd
St. E. Pulse by Anne McInnes.
New, expressive mixed media
works. Reception Oct. 30, 7
p.m. to 9 p.m.

Wanuskemin Heritage Park
Oct. 31 to Nov. 21 at 8184
Pomeroy Rd. Working with Our
Sisters: A commemorative art
installation for the missing
and murdered indigenous
women of Canada and the US.

Eye Gallery
1445 Oct. 30 at 117-132 College
Lane Dr. Portraits of Nature,
photographs by Victor Car-
son. 100 Years of Nature
runs Nov. 1 to Jan. 2. Reception
Nov. 1, 2 p.m. to 4 p.m.

**Rigger Museum & Credit
Union Gallery**
Until Oct. 30 at 195 Third



Autumn on Lake St. Lawrence by Arthur Lismer is on display at the Mendel Art Gallery.

Age Alive: Images of Native
Age: runs Nov. 4-30. A photo-
graphic exhibition presented
in partnership with the
Saskatoon Council on Aging.
Reception Nov. 4, 7 p.m. to 9
p.m.

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**Rigger Museum & Credit
Union Gallery**
Until Oct. 30 at 195 Third

Dr. Georgia Bay: Three Tales
by Bridget Atkes, Miki Auli
and Jacqueline Page Miller.

Newsies in Valley Centre
Gallery
Until Oct. 31 at 400 Third
Ave. S. Shushetnikov of Na-
ture's Beauty by Marie Fingas.

**Station Arts Centre,
Saskatoon**
Until Oct. 31 at 701 Railway
Ave. In Northern. All About
Northern. Aiyon and water-
colour paintings by Barbara
Rimmer. Nov. 4-22 at 701
Railway Ave. In Northern. Par-
ticle Groups, a touring exhibi-
tion of DSA's Art on the Move,
and Remembering Northern,
historical photographs.

Watrous Library
Through October in Watrous.
Harvest, a group show.

Outstanding Outdoor
Until November 1 in Pined.
Art's Billboard space. The

Power Arts anti-advertising
billboard project by Scott
Manney. The project critiques
the nature of this venue as
an artwork that ironically
takes on the form of public
billboard advertisements.

Void Gallery
Until Nov. 1 at 1-106 Eighth
St. E. It's all about Saskatch-
ewan by Sandra Kross. Land-
scapes near Redglen, where
the artist lives.

Artify Gallery
Until Nov. 29 at 813 Broad-
way Ave. It's a Show in
Functional and sculptural
clay pieces by Sask. Iron.
Reception Nov. 1, 7 p.m. to 9
p.m.

**The Gallery at Art Place-
ment**
Nov. 2, 3 p.m., at 328 Third
Ave. S. Music and Painting:
the Unity of the Arts in the
Lynn Gault Photo Studios.
Reservations required.
Call: 306-440-9935, 306-

884-3255, email psyhoy@
artplacement.com. Lami-
naux Explorer by Gregory
Hemby, until Nov. 13. Paintings
capturing the aesthetic force
of the prairie sky.

SOXAP Gallery
Until Nov. 4 at 253 Third Ave.
S. Spooky Start Art Show.

Saskatoon Sculpture Gallery
Until Nov. 7 in Room 750 of
the University of Saskatch-
ewan's Munn Building.
Selfies by Mike Stark.
Printings, drawings and light
boxes. Reception Nov. 7,
9 p.m. to 10 p.m.

Hand Wren Gallery
Until Nov. 12 at 409 Third
Ave. N. Mascham: A Fine
Balance. Turned vessels by
Michael Hovavlik.

Centre East Galleries
Until Nov. 23 at The Centre
Display by the Saskatoon
Public School Board in the
Majors and Indigo Gal-
leries, Students of Jasper
Dineen in the Royal Gallery,
Art by Cindy Edwards in
the Jack Gallery, Art by the
Bridge City Artists in the
Amber Gallery. Display by
the Saskatoon Quilters Club
in the Irena Gallery, Art by
Resume Pajani in the Chris-
topher Gallery. Display by
The Royal Canadian Legion in
the Lavender Gallery.

Prairie Star Gallery
Until Nov. 30 at 136 Eighth
St. E. Hail of Departures by
David Shewley and Empty
Vessel by Chris Hedze.
Reception Nov. 2, 7 p.m. to
10 p.m.

Leifing Fine Art
Until Nov. 30 on the eighth
floor of the Bessborough
Hotel. A group exhibition
by local and international
artists. Featuring bronze
sculptures, oil paintings and
wooden media works.

**Handmade House Show-
case**
Until Nov. 20 at 710 Broad-
way Ave. The Elemental
Garden, small pieces by
Saskatoon quilter Dorothy
Baton.

Black Spruce Gallery
Until Nov. 30 on Hwy 2 at
Northside. The Boreal For-
est. Through the Eyes of an
Artist.

**Saskatoon City Hospital
Quilters on the Bridges**
Until Nov. 30 on the sixth
floor of the atrium at the
Saskatoon City Hospital. Art
by Leanne. An eclectic mix of
works reflecting Dr. Leanne
Sutton's exploration of styles
as a new artist.

**Art in the Centre at
Parkridge Centre**
Through November at 110
Grosvenor Cres. Works by
the Saskatoon Painters Club.

**Humboldt and District Mu-
seum and Gallery**
Until Dec. 31 at 601 Main St.,
in Humboldt: A Local Perspec-
tive by Marion Vidotto. An
exhibit of wildlife paintings.

Punkie Prints
Until Jan. 31 at 212 Third Ave.
S. A collection of framed pho-
tographs of artworks by Shanon
Czekel.

**Ukrainian Museum of
Canada**
Until Jan. 31 at 910 Spadina
Cres. © Drowning in Ukra-
inian. Travel photography by
Andrea Kowalek and Karen
Pakhlyuk.

**Western Development
Museum**
Through April 2015 at 3810
Lorne Ave. Big Bear Travelling
Exhibit, in partnership with
the Royal Saskatchewan Mu-
seum. A 92-million-year-old
crocodile skeleton brought
back to life through 3D imag-
ing.

EVENTS

FAMILY

Stay and Play

Tuesdays and Wednesdays, 9:15 a.m. to 10:30 a.m., through April. For children up to age five. Items constructed, crafts, snacks, story time, toys, activities. Email: stayandplaysaskatoon@gmail.com or visit the Facebook page.

Times for Toddlers

Oct. 28, 9:30 a.m., at Saskatchewan Symphony Community Centre, 406 20th St. W. Program coordinator Jennifer McArthur introduces music to toddlers. With selected musicians from the Saskatchewan Symphony Orchestra. Tickets at 306-665-6444, office@saskatoonsymphony.org.

Stars and Strollers

Wednesdays, 1 p.m., at Centre Chemin to The Centre-Choice of low-maintenance, one-to-two movies each week. A baby-friendly environment with low-volume, dimmed lighting, a changing table and stroller parking in select theatres.

C.J. Climbs a Climb

Daily, 10 a.m. to 4 p.m., in bag 4 of 6th South, hallway 12. W. in Werner Saskatchewan's newest indoor playground for children up to age 12. Visit www.saskplay.com or their Facebook page.

Fun Factory Indoor Playground

Daily at 1633C Quebec Ave. A giant indoor playground for young children. Adults and children under age 16 are free. There is a separate fenced-in area for children under two.

Children's Play Centre

Open at Lawson Heights Mall. A fun, safe environment for preschool children to play. Please note this is an unsupervised play area, and adults must stay with and supervise children at all times.



Sylvia Chave performs her Halloween heel at The October at age 31.

Market Mail Children's Play Centre

Daily just off the food court at Market Mall. This play area is free and has different level slides. Children must wear socks in the play area.

Saskatoon Indoor Playground

Thursdays, 9:15 a.m. to 11:15 a.m., through Magist Emmanuel Baptist Church, 1636 Assiniboine. Parent-supervised playground for kids up to age five. A bounce house and toys for kids, designated infant play area, coffee/tea for parents. Registration on arrival. Information at saskatoonindoorplay.com or their Facebook page.

Breadfeeding Cafe

Thursdays, 10 a.m. to 11:30 a.m., at Westwoods Primary Health Centre, 3011 Knight Dr. A drop-in support group for breadfeeding women. Sessions will be facilitated by a lactation consultant with a brief adjunct lactation presentation, and time for discussion with the other mothers.

Bee-Born

Oct. 30, 1:30 p.m. to 3:30 p.m., at the Western Development Museum. Halloween fun for the whole family: directly games, tarotting tales, creepy crafts, frightening food and recreating mystery. Costumes

are welcome. Visit www.bee-born.com for more info.

Movies for Monkeys

Thursdays, 10 p.m., at Redwin Cinema in The Centre. An infant-friendly environment with reduced sound, changing tables, bottle warming and stroller parking.

Singing with Sylvia: Halloween

Oct. 30-31, 10:30 a.m. and 1 p.m., at The Refinery Children's centre. Performer Sylvia Chave performs. Costumes are welcome. Tickets at 306-638-5591, refineryevents.ca or at the door.

Shoe'n Strill

Fridays, 9:30 a.m. to 10:30 a.m., meet in front of Customer Service at The Mall at Lawson Heights. Classes consist of power walking, body-sculpting moves using exercise tubing and a sedating for parents and babies. Preceptor at runandbootcamps.com. No classes on staff holidays.

Halloween Party

Oct. 31, 10 a.m. to 12 p.m., at Centre Saskatchewan, 2054 Pacific Ave. Hosted by Mommy Connection Saskatoon. For children up to age five. Dress in costumes and enjoy snacks and playtime with door prizes. Admission is by donation at the door.

Kick Talk at SPL

Fridays, 10:30 a.m., at Alice Turner Branch, Mondays, 10:30 a.m., at Carlyle King Branch and at Wood Branch, and Tuesdays, 10:30 a.m., at Cliff Knight Branch. Half-hour singing and rhymes, then mingle with other parents.

Saskatoon Power and the Big Top

Nov. 1, 10 a.m. to 4 p.m., at Portland Public. Featuring products, services and information for families. With shopping, new bags, door prizes, interactive displays, presentation, a prize drawing and changing area, a kids lounge and a concession. Admission at the door.

Craft and Story Time

Sundays, 11 a.m., at Indigo Books, 3222 Eighth St. E. in the kids' section. Call 306-244-5317.

Pumpkins in the Park

Nov. 1, 10 a.m. to 10 p.m., in Rotary Park. Bring your Halloween Jack-O-Lanterns for one last night before composting. Tea lights will be provided. Free hot chocolate and hotdogs. Bring your own masks.

14 and Under League Curling Begins Nov. 2 at Granite Curling Club, 480 First Ave. N. To register call 306-595-6191 or email bestof@social.net.

Postnatal Yoga

Oct. 21, 10 p.m. to 11 p.m., at Pregnancy and Parenting Health Centre, 244 Third Ave. S. Beginner to intermediate yoga designed to help with postpartum recovery. Baby friendly class with a certified yoga teacher. Suitable for four weeks to two years postpartum. Inquire at inquiry@pregnancyandparenting.ca or call 306-665-6443.

Canadian Light Source (CLS) Public Tours

Mondays, 10 a.m., at the Canadian Light Source, 44 Innovation Blvd. This synchrotron research facility is open for the public. Pre-registration is required. Call 306-657-5544, email outreach@lightsources.ca or visit lightsources.ca/education/public_tour.aspx.

Prenatal Yoga

Mondays, 6 p.m. to 7 p.m., at Pregnancy and Parenting Health Centre, 244 Third Ave. S. Taught by a doula and certified yoga teacher. Informative and safe for any stage in pregnancy. Call 306-251-0443 or email inquiry@psd@gmail.com. Pre-class on-site holidays.

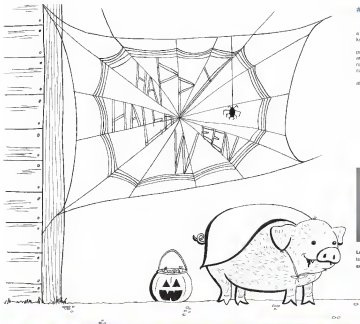
ULLC Saskatoon Evening Series Meeting

The first Tuesday of the month, 6:30 p.m. All women interested in joining are welcome. Call 306-426-4800 or email 306saskatoon@gmail.com.

Naturally Yours

Mondays and Dec. 1, 7:30 p.m. to 9 p.m., at Pregnancy and Parenting Health Centre, 244 Third Ave. S. A comprehensive childbirth education course, preparing parents for the birth of a child. To register visit natallyyours.ca.

OUTSIDE THE LINES



Colouring contest

Each week, Stephanie McKay creates a timely illustration meant to please kids of all ages.

Children can colour the page, take a picture taken with the finished product, and email it to bridges@thelthspings.com. One winner will be chosen each week.

Please send entries by Monday at 9 a.m.



Last week's contest winner is Ethan Reid, age 8. Thanks to everyone who submitted entries!



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ASK ELLIE

It's bad to adopt pop ideas about social behaviour

Q. I like a guy who's two years younger than me. I'm 18. We're into the same music and activities. He likes me too.

He wants to hang out with some more. We don't go to the same school, and hanging out another time could lead to other people seeing us.

People are very judgemental about "yogurters." If people see us, I'm screwed.

Ask Ellie



Q. I'm in my life. My husband had a relationship with another woman four years ago. We fought daily for two years. I wanted to end my life.

We don't fight anymore because I gave up. I tried to get a separation agreement but he doesn't want it.

We have three children, the youngest is two. I'm most concerned about her. She doesn't want us to separate. I met a guy through Facebook. He came to Canada to see me in person and he's a respectful man.

I have feelings for him. Please tell me what to do.

Stuck in Bad Place

A. Moving forward with a new man about whom you still have little and

without a legal separation, opens up all kinds of negative possibilities. These include the guy turning out to be less than what you think, your husband's anger and possible decision to withhold support from you and your daughter's relationship with you. Most change with a little focus on her needs.

Get legal advice. If you and your husband can't get to conciliating together (you should try) take the proper steps to separate legally and work out the finances.

If all you want is to be "rescued" by this new man, you're doing nothing for your own independence and inner strength to handle a next relationship.

Take time with getting to know this person and make sure your feelings are clear from real trust. You need to be certain that he's not attached to someone else but honest, not just looking to be sponsored to move to Canada.

Q. Which online dating website is

best for a woman, 31, looking for a serious long-term relationship with a man in Toronto?

A. Check out which website have been in operation for several years, have a solid list of participants, an affordable fee, and make sure you find acceptable.

Some are free, which usually means there'll be a bigger list but more likelihood of fake profiles and scammers.

Then sharpen your skills for assessing others' profiles. Be honest in your own — use your own words, best photo, and write that you want a serious relationship with someone living in your city. Don't waver on that sugar goal, no matter how much someone tries to convince you to just have fun, or date long with you, or anything. If it's important, you because it's not what you want.

I cannot provide a particular website. There are good people on most of them, and scammers too. Be cautious.

Q. My parents divorced when I was three, my father has lived in another city since, but has always in my life.

I love him and don't want to hurt him.

I'd like my mother and my half sister (different father) to walk me down the aisle at my coming wedding. They're my family.

My parents don't get along. At 18, and I don't want to be focusing on their tension.

Should I have both parents walk with me to avoid hurting my sister's feelings? Is there another important role he could play?

Bride's Choice

A. In such sensitive situations, the best solution walk through some promises.

Your father could walk first, then step aside, your mother then, then your half sister, tell you just your gown.

Or have each parent with in turn, then your sister as Maid of Honor and you as Bride, walking independently to join your life partner.

Nuts About Nature

At Beaver Creek Conservation Area

Hi kids! My name's Chip, and I live at Beaver Creek Conservation Area. Visit my friends with your family and friends and enjoy some time away from the city.

Dear Chip, Why do some birds fly in flocks?

Q or A

Dear Cass,

It's been really busy getting my own ready for the winter, but I'm never too busy to answer the birds. There are many benefits to living in a large group, by snuggling up on a flock of birds. All it takes is one bird to notice you and WHOOOSH, they are all airborne. As the saying goes, "there is safety in numbers." Birds also like to answer. Several birds will stay awake on guard while the rest of the flock sleeps. Searching for food is another reason that birds fly together. If one bird spots food, all of the other birds in the group benefit from its discovery. Some birds will even work together to catch food. Pelicans from the shore, making a half circle behind a school of fish. Then they beat the water with their wings to scare the fish toward the shore. Once they are trapped in shallow water the fish are easy to catch. At this time of year the most spectacular example of flocking behavior can be seen. Migrating geese form huge flocks and then fly by together in a V-shaped formation called a "vow".

Send your questions to me at the address below, then watch Birdlets for the answers!

Meewasin

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SPACES

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SASKATCHEWAN'S BEST SPACES

SCYAP staff show spooky sides

By Sean Tremblath

WHERE? Saskatoon Community Youth Arts Programming (SCYAP) Gallery, 2611 3rd Avenue South

WHO? Tami Kruski, SCYAP's projects manager and the rest of the gallery's staff

WHEN? Now until Nov. 4

WHAT? SCYAP's Spooky Staff Art Show is giving the gallery's staff a chance to spend their time teaching youth a chance to show off their own talents.

Seven artists are displaying Halloween-themed pieces in a variety of forms.

"I think the whole Halloween thing is kind of crazy now. People really get into it," Kruski says.

There are photographs with spectral figures created by using multiple exposures. A gift's exposed piece features blood dripping upward. A large painting shows a sinister woman working on a small, scary doll, surrounded by bits of what might be victims.

Kruski herself has a series of three-dimensional pieces that have scary figures — a creepy clown, a ghost-faced cat, and more — coming out of picture frames toward the viewer.

"We got a lot of donated frames here, so I thought, 'What if I can make things that are coming out so the frames look like windows?'"

She knew the way on the right track when her daughter was freaked out by the not-yet-done pieces as they were lying around her house.

WHY? SCYAP is a non-profit, open since 2001, dedicated to providing artistic opportunities.

"We really want to make art accessible to everyone. We're focused not just exclusively on young people who might not have the opportunity to have arts training or a place to come and do art, or the ability to access the end-of-materials we have."

Naturally the staff are just teachers, but once in a while they get to show their own stuff.

"We haven't had a staff show in two years, so we thought it was appropriate," Kruski says.

The specific inspiration for a Halloween show came about 18 months ago when one of the classes was working to make paper mache monsters. Knowing the space needs to be booked seven years in advance, Kruski and a co-worker came up with the Halloween idea.

"We just thought it would be a really good time to have something that would reflect the season."

Since the works have gone up, they've brought their classes in to check it out.

A lot of them that are making their own Halloween masks are really inspired by the stuff we have up.

seantremblath@starphoenix.com
bridges@thestarphoenix.com



BRIDGES PHOTOS BY MICHELLE BERG

SHARP EATS

See a food trend you think deserves a highlight in Bridges?
Email bridges@thestarphenix.com
or visit Bridges on Facebook

HALLOWEEN TREATS

Chemical-free alternatives to Halloween candy

By Jenn Sharp

Halloween is every kid's favorite time of the year and what's not to like? There's sodas of candy after a event trick-or-treating haul that can last for weeks! What parents may not realize though, is that Halloween can be the kick off for several months of unhealthy eating.

Dr. Keith Kanzer, an American physician, natural food and healthy living advocate, outlines a few basic rules he thinks are important for parents to know about Halloween:

1. Halloween is the start of the weight gain season. The average person gains two to four lbs. grams between Halloween and New Year's. For most of us, we don't lose all of that weight the next year, a phenomenon called weight creep — the same goes for children.
2. To help kids make sure they're properly nourished and lead a healthy lifestyle, if they do that, they'll have less cravings for candy at Halloween.
3. Make sure kids get six servings of fruits and vegetables per day (one third of an apple is one serving), 50 grams of fiber, half their body weight in grams of protein and half their body weight in ounces of water.
4. A fun way to ensure kids are drinking enough water is to have them squeeze a lemon, lime or other fruit in a pitcher of water and let it sit overnight. Fill their thermos or water bottle in the morning to take to school. There are often he confused with hunger.

"If they're properly nourished and properly hydrated all I make it easier during Halloween. Then, they'll just have candy because it's fun instead of their body craving the sugar," says Dr. Kanzer. 5. Take the time to educate your children and explain why an apple is healthier than a candy bar. Lead by example. "You can't be a hypocrite. You can't tell your children to do one thing while you're snacking down a (candy bar) bar!"

Dr. Kanzer's book, *The Green Book Lemons of Nutrition*, teaches kids through animated characters like "Sugar Gluck" and "Silly Snake" about why fruits are healthy and why candy is not. The book includes recipes, coloring pages and more. There's also a free app called Green Book. It's free on most or to take Dr. Kanzer's free health assessment go to www.drkanzer.com.



SURF SWEETS SPOOKY SPIDERS

\$2.89

SURF SWEETS PEUTY BEARS THAT PACK
\$9.49 for a pack of 20 bags

The Surf Sweets products don't contain any sugar, artificial colors or flavors, and are soy, gluten and dairy-free. Made from 60 per cent organic ingredients, the Spooky Bears and Spiders also contain the daily recommendation of Vitamin C.



NATURAL HALLOWEEN CANDY ALTERNATIVES

Commercial Halloween candy can be problematic for kids. Most candy and chocolate contain dye, preservatives, corn syrup, artificial colors and flavors. The following treats, which can be found at most health food stores, are healthier alternatives. Don't mistake their candies for health food though — all still contain sugar and should be consumed as a treat for a special occasion like Halloween. It is a warning that organic candy and fair trade chocolate is more expensive. If you're talking of the price for trick or treaters, consider giving out a smaller quantity, but higher quality candy.

BRIDGES PHOTOS
BY MICHELLE BERG



YUM EARTH ORGANICS ORGANIC POPS

\$3.39 for 14 pops; \$9.99 for 30 pops

The pops are made from real fruit juice, contain 100 per cent Vitamin C and come in fun flavors like Raspberry, Pomegranate and Mango. They're also free from artificial colors and flavors.



**NATURE'S PATH
SIVVOKRICE CRISPY
RICE BARS**
\$5.99 for six bars

The bars are made from brown rice flour, stone or flour, and are in a variety of flavors. The bars are also free from artificial colors and flavors. The bars are also free from artificial colors and flavors.

FRUIT-AND-BERRY SPECIES CHOCOLATE

\$2.49 for an 8 oz. bag of individually wrapped chocolates

ANNIE'S HONEYBROWN ORGANIC LINNIE FRUIT FLAVORED DRAGLES

\$2.39 for five pouches

Annie's snacks, in three flavors, are made from fruit puree. Artificial flavors, colors and preservatives are not used.



THE WORLD

SASKATCHEWAN WINE SCENE

Gross out your friends: Zombie Brain cocktail

By James Romanow

Hydrex has it all. The chance to dress up, the chance to create odd foods, mingle over friends and legends that go with your drinking and design skills. (Applause Martha Stewart)

As easy way to impress guests is to serve them a cocktail like the Zombie Brain on arrival. It sets the mood. It's deliciously gross and best of all, from a health point of view, is a way to make you can prepare 40 in about 15 minutes. You can also just make one to greet your partner with when he or she comes through the door without spending a lot of money on extras you'll never use again.

You need a mean legator — I used Pinot Noir. Just as I was doing a beautiful flower arrangement — a bottle of greenish-brown I put me of Goop and grocery stores carry it. Simba and a lime or two. As you can see, you likely have all four in the cupboard already.

Wear the Simba into a glass, preferably a shot glass but any small glass will work. If it's for a party use a disposable one. Squash a few drops of lime into the Simba. You can stir it in as well. Then add about a teaspoon of mean legator. A bartender would pour it slowly over the back of a spoon. I use no refrigerator. The lime juice does the legator thing that gross has a little texture. Treaties aside, the drink



actually tastes pretty good. And once Martha is safely locked in the alive again, you can use the ingredients to add to coffee throughout the war for (during the greenish-brown of course).

Simba \$25 ****
Pinot Noir Original Green Liqueur \$25 ****
Rose's Greenhouse \$6 ****
It's not much a collection. A great deal in red wine. Search on Twitter for @jordan.

Crossword/Sudoku answers

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NOTE: No legal fees or real estate commissions are required when choosing Hyde Park View!

Contact Shelley Davis at (306) 612-3338 and visit the website at www.hydeparkview.org for more information or drop by Hyde Lodge (1123 Main Avenue) between 10am and 5pm to pick up a sales package.

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